

The

November
2009

Communicator

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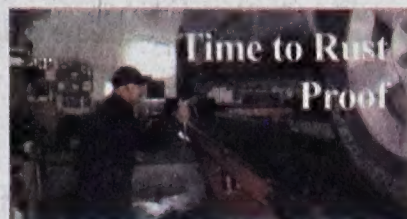
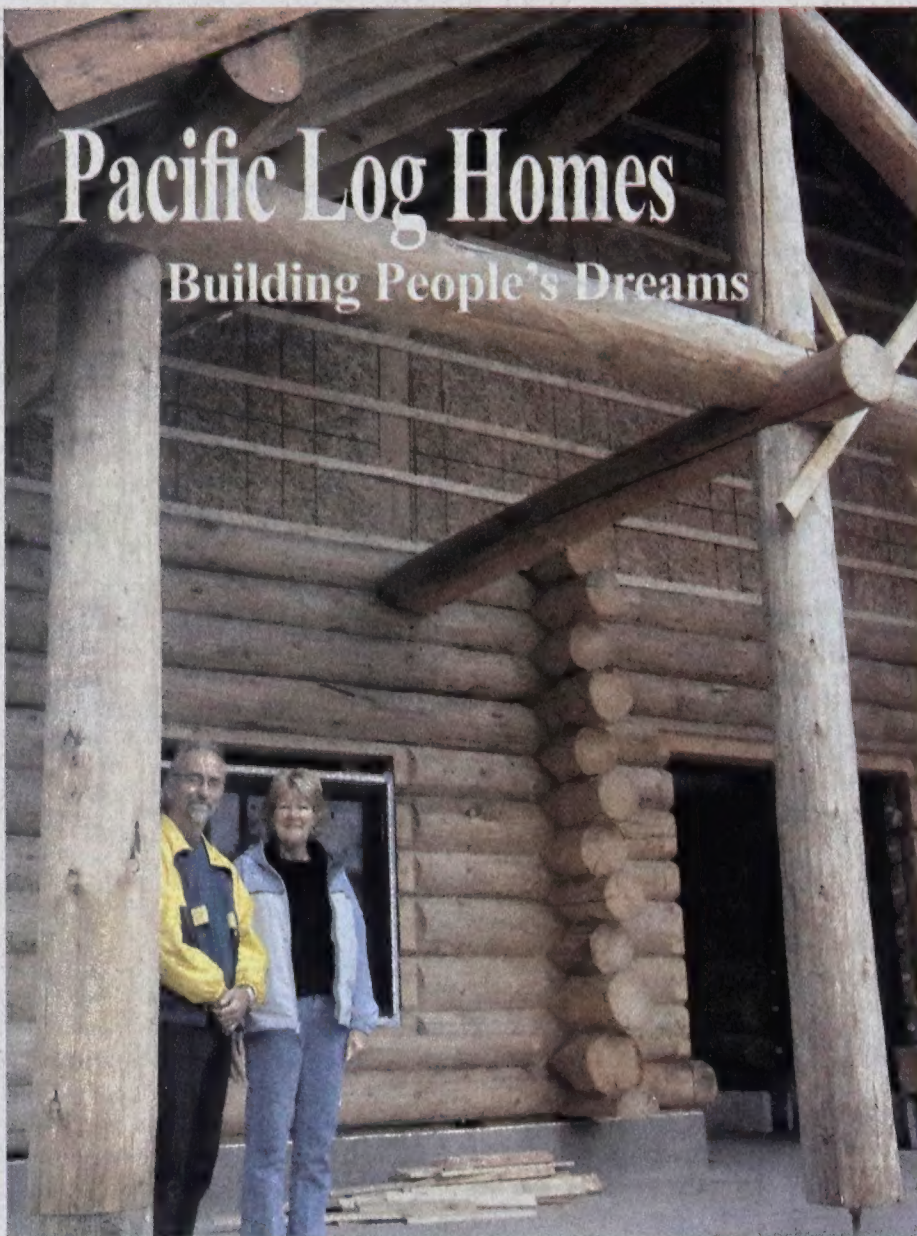
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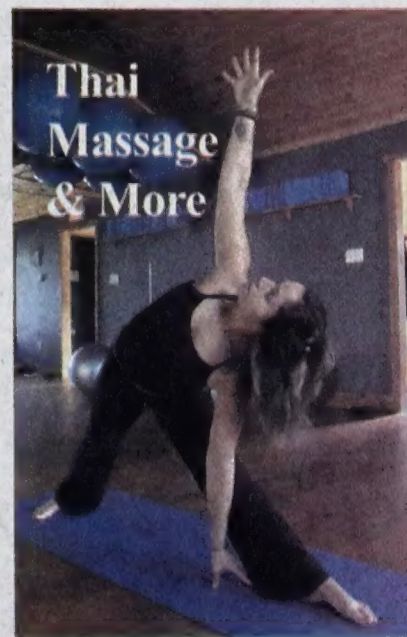
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New Arrivals Daily



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Ask women across North America what their number one problem area is, and the response will overwhelmingly be "my belly!" What woman doesn't want to look slimmer and sexier in their jeans? Look no further, Not Your Daughter's Jeans® are here to flatten your tummy, lift your butt and allow you to wear one size smaller.

Praised by celebrities and real women galore, Not Your Daughter's Jeans® is the most innovative product to hit fashion and beauty industries since control top pantyhose. They address problem areas that women across all body types, ages and ethnicities have.

**Featured in "O" Magazine
by Oprah Winfrey**

They slim the often problematic lower abdomen, contour the hips and lift the butt without the feeling of being stuffed in binding, tight and uncomfortable material. Say goodbye love handles that spill over restricting waistlines and derriere-revealing low riders. These jeans are incredibly soft and will feel more like your favorite pair of sweatpants than your most flattering pants. The secret, their special "crisscross" front panel design and extra stretch in the rear has lead to rave reviews from curvaceous leading ladies

Rachel Ray, Diane Sawyer and Elizabeth Hasselbeck.

Not Your Daughter's Jeans® is made with 4 percent Lycra in the denim, instead of the usual 2 percent, and the difference gives it comfort and mobility. But the secret to the tummy tucking is not only in the fabric content but also in the type of denim weaving, now patented, which constrains the stretch in the front and also gives the rear a lift. The fit stays comfortable but allows most women to buy a size or even two sizes smaller than normal. It's amazing and women everywhere are raving about them.

"Having lived my life on the roller coast of weight loss and gain, I have tried to avoid jeans. Since my husband bought a motorcycle this year, it was very apparent I needed to buy a pair. I tried on a part of NYDJ, and love them! Yes, I proudly wear my NYDJ on the back of my husband's bike and feel great about myself. Not only do I feel sexy and confident in my jeans, I proudly tell everyone they were made in the USA! Finally a pair of jeans that love my curves! Thanks for a great pair of jeans!"

- Anissa

"Even though I work out, I've never had a flat tummy," says Rudes-Sandel. "For women who have had kids, that area is very difficult to hide. Don't ever stop making these jeans!" "Finally I feel comfortable and sexy in jeans!" "My husband loves walking behind me now!" "I can't thank you enough!"

The Jeans are available in many different styles and colours, so you're sure to find just the perfect pair for you.

Come into Country Pickins (Highland St. Haliburton across from The Kosy Korner restaurant) today and try on a pair. You'll be glad you did! Store owner Laurie Bonfield says, "Women are always smiling when they come out of the dressing rooms. These are the best jeans available period. We get people from the city calling us to get them as they're hard to find sometimes, but we always have a great selection here. We keep 'em stocked!"

**"Women
are always
smiling
when they
come out of
the
dressing
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Nominee's Wanted

Gordon A. Monk Award for Volunteerism and Citizenship

If you know someone who has been a long-time volunteer in the Minden Hills area, you could consider nominating them for the Gordon A. Monk Award for Volunteerism and Citizenship.

In grateful recognition of Gord Monk's achievements as well as the value he placed on volunteerism and citizen participation, the Township of Minden Hills is accepting nominations for the second annual Gordon A. Monk Award for Volunteerism and Citizenship. Nominations close on October 31, 2009.

The award is intended to be presented on an annual basis, and consists of a plaque for the recipient as well as recognition on a master plaque kept on display at the Township Office. Nominees for this award should have demonstrated extensive volunteerism over an extended period of time in multiple areas of service to our community. The award will be presented on December 4th.

The 2008 recipient was Linda Brandon, recognized for her many years of service in the community. The award was presented last November at the annual Township Christmas and Volunteer Recognition Banquet.

Nominations must be made in writing and submitted in confidence to the Township of Minden Hills, care of the Clerk's Office. Complete information on the nomination process and the criteria is available on the Township website www.mindenhills.ca and at the Township Office.

McKecks Blue Line Steps Up for the Legion

This November 11th the team from the McKecks Blue Line initiative will be lining up to prepare and serve a very special Remembrance Day Meal at the Haliburton Legion. On November 1st McKecks closes its doors for the first time in 23 years while it undergoes extensive renovations. But while it's closed, the staff, under Owner Maarten Steinkamp and Manager Karen Fryborg, will be busy helping the community in whatever way they can.

Legion Branch 129 President Carla Watson said, "I was overwhelmed when I got the call from McKecks with the offer to help out with this very special dinner. We're hosting a number of troops from Petawawa, as well of course honouring our own Veterans from our Branch. Our cadets will also be helping out at the dinner. We're expecting it to be a great event, and we're only charging the public \$11.

"As what's also awesome," says Carla, who's also Chair of the Poppy Committee, "is that the McKecks folks are going to help out with our annual Poppy Campaign as well, which will be a great help."

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WANTED... your logo for Winterfest 2011!!

Winterfest 2011 is coming and in just over a year we'll be welcoming participants, spouses, coaches and supporters from all parts of Ontario to Haliburton County. We know that Haliburton County residents will give our visitors a warm welcome and help them to enjoy some Seriously Hot Fun in Haliburton County.

2011 Winterfest will take place in Haliburton County from Feb. 15th to 17th, 2011. There will be events including hockey, alpine skiing, curling, volleyball, bowling, table tennis, skating, nordic skiing, bridge and badminton.

To get us all in the game we'd like to develop a graphic element that becomes the symbol of the 2011 Games ... it could be an image depicting a happy snowflake, or a cuddly bear on skis or skates, or simply a graphic design element that you think captures the spirit of winter and the Games.

This contest is open to EVERYONE. Whether you're a youngster in school, a grown-up with a good idea, or a professional graphic designer - you are welcome to submit your creative suggestion. We've tried to keep the rules simple so everyone can enjoy the fun.

Daily thought:

Some people are like slinkies - not really good for anything but they bring a smile to your face when pushed down the stairs.

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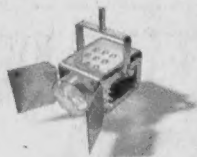
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Spotlight on Business



Krown Rust Control

By Zoe Cittern

Krown Rust Control- Body Maintenance

"It takes more energy to build a car than it will use in its entire lifetime. So protecting your current car against rust and other damage will ensure a longer period between purchasing a newer car, in turn creating a better environment for us all" says

Harold Woodward of Krown Rust control in Haliburton. Woodward has been at Krown for a year and a half. He moved to Haliburton County from Northern Alberta 20 years ago with his wife and daughter so they could be closer to her family and settle in a better town. "I love the landscape around here, Wilberforce where we live is such a nice small town, I like that its quiet and the amazing wildlife that's around here."

Krown is a petroleum based product with additives that prevents rust from forming; it's a lubricant so it will help dry up electrical systems and will also help to keep moving parts working like your wipers and doors.

Krown Rust is an effective way to maintain your car year round from corrosive elements. It was developed in the mid 1980s and their mission statement reads; "We save people money. Protect peoples' investment by making their vehicles last longer and look better. At the same time protect our earth by being environmentally responsible!" Woodward is Haliburton's County 'go to guy' to help save cars from ugly rust and mend small dents and scratches.

Woodward used to be in the paint and drywall business but due to health reasons he decided to try something new, so along came Krown Rust. "It's actually a similar practice to painting, you're just spraying the chemical like you are with paint, in a steady motion" says Woodward.



Spraying your vehicle with Krown Rust is extremely beneficial not only to the environment but it also means you can help maintain your car for years to come, which could result in a higher re-sale value. In addition, your car will be more aesthetically pleasing and it will be a safer vehicle as Krown protects its structural components. "For a car that has never been treated, you should get it sprayed as soon as possible, even cars that you buy straight from the show room have rust, it's just not visible from the outside. Even if you have rust on the outside its still worth doing to get a few more years out of your vehicle," says Woodward.

Most rust occurs in the late

spring and summer due to the rise in temperature, but any time of year is satisfactory for getting the treatment applied. To help prevent your car from decaying from rust, you should clean your car regularly and wax it every year so it protects the paint and of course get it treated. Krown gives a lifetime guaranty (from under the top of the window line) and that guaranty also goes to the next owner of the car.

Here's how Krown Rust Control works: the chemical is applied to door frames, the underside frame of the car, the engine compartment, the shock towers, behind wheels, body panels, the underneath of your car and other smaller areas. The fog spray is able to seep into all the small nooks and crannies ensuring that it gives an even coat. The product itself gets underneath the water and displaces it and the Krown is left in place. The additives in the petroleum bonds with the bare metal so it doesn't wash off. In fact the rust inhibitor cannot be removed with soap and water. You can

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Krown cont'd...pg.5...

Krown Rust Control Cont'd...

... from pg. 4

even spray Krown in all types of weather so whether it's the winter or summer it's perfectly fine for a treatment.

Krown is completely non-toxic and is made from recyclable products so it's really a very environmentally friendly product. Even the drums that Krown uses to store and transport their rust inhibitors in are part of the recycling program as they are returned to their manufacturing facility, cleaned, dried and refilled over and over again.



Woodward is a trained sprayer and every year he is re-certified. Harold says that he finds it satisfying to save cars, "it's great that it's environmentally friendly, a large trucking company in Toronto found that every dollar spent using Krown saves about three dollars in repairs." Woodward's shop is growing too, "it supports itself which is always good."

Woodward's shop is also available for detailing and small touch ups. In the future he would like to expand the Krown business and

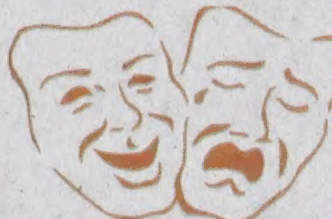
work on more bodywork repairs. So if you want to ensure that your car is still around next winter or for more years to come it's advisable to get your car sprayed once a year, the process takes approximately 45 minutes to an hour. The shop is open 8-5, Mondays to Fridays and it's recommended that you book an appointment. Please call Harold at 457-1033.



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The Haliburton County Horsemen's Association

by George Farrell

'Fun and Friendly' Horse Club Holds Last Gymkhana of the Year at Minden Fairgrounds



The Haliburton County Horsemen's Association (HCHA) is a non-profit horse club located in Haliburton County. The HCHA consists of a group of horse enthusiasts who provide an opportunity for all people and members interested in horses to get together and expand their knowledge, and the safe enjoyment of horses. They do this by involving members in educational activities such as equestrian clinics and demonstrations, as well as local shows, where it's a priority to improve riding skills by competing with others.

The HCHA, originally called the Haliburton County Equestrians, has been around since 1988, and early members included Joan and Wally Bunn, Melissa Jones, Rebecca Warder, Tina Cox, Rhonda and John Francis, Mary Jane Erwin and Kacey Cork. The organization was started because members wanted their own club instead of having to go 'out of town.'

Today older members stay connected through year-round social events such as trail rides, potluck dinners and corn roasts. While the social aspects of HCHA are a large part of the appeal, a bigger recent emphasis on structured Gymkhanas has proved to be more popular with the younger members.

Although membership is holding steady at about 150 "our demographic has changed to a more youth-oriented association," said Show and Club Secretary Sue Roberts. "The kids wanted to ride more in the Gymkhanas."

Gymkhana is an Indian term defining an area where sporting events take place, and refers to various meets at which contests are held to test the skill of the competitors. The term gymkhana now almost always refers to an equestrian event, often with the emphasis on children's participation.

It was on a brilliant, crisp and clear Sunday October 18th, that the HCHA had its last Gymkhana of the year. Four Gymkhanas are held annually, in May, June, July and August. The August event was rained out, and the October date was a make-up day. The brilliant weather cast its magic on all horses and human competitors, and friendly smiles were to be seen throughout the crowd. All eyes were cast towards the new ring at the Minden Fair Grounds, where various events were taking place in different age categories. Included were Barrel, Flag, and Stirrup races, as well as Pole, Key-Hole and Dash for Cash events. All participants and their steeds seemed to be equally elated, whether winners or not. Points are awarded in each age group, in each event, over the course of the four Gymkhanas. The overall winners are announced on December 25th, at the Awards Night/Christmas Pot Luck Supper and General Membership Meeting, at the Lochlin Hall. This year there will be a new award for 'Most Sportsman-like Youth.'

The HCHA must be doing something right because in addition to representation from throughout the county they now they have members from outside as well. "We have participants from Kinmount, Norland, Dunsford, Lindsay, Bobcaygeon Bracebridge, and several from Toronto," beamed HCHA President Karen Wessell, who's been with the Association for seven years. She's not riding herself this year due to recent knee surgery, but she said that "my group, which includes our kids and their friends, has really enjoyed it this year. Everyone learns a lot about sportsmanship and increasing their riding skills in the junior, youth, and senior divisions."

Youth rider Amanda Wilkinson is from Norland. She just started with HCHA last year. "I like it because it's not too competitive, and I get to ride with my friends and improve my skills," she said. Katie Crober is also from Norland and she started competing with her friend Shannon Wessell. The Wessell farm is where Katie boards her horse. Shannon is the daughter of HCHA President Karen, and Director Harold Wessell. Harold was nearby, eavesdropping on

Horsemen cont'd... pg. 7...

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Horsemen's Association Cont'd...

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the conversation with his daughter. "Dads only get involved so that we can wreck our weekends," he laughed. "All the Moms and Dads are very supportive," explained Sheila Graham, who is another HCHA Director. "They really help out in trucking the horses around, and we're all very appreciative of their participation. Many of our members are from families who belong to the 4H club, out of Haliburton and Bobcaygeon," Graham stated. "4H, which stands for health, heart, hands and head, is an agricultural-based club for rural and town young people from the ages of 10 to 21. Our own membership has



increased over the years due to the 4H participation."

Owning a horse is not required to join the HCHA club, as they have a diverse membership base which includes both owners and enthusiasts, who partake in pleasure riding, showing and driving.

Collectively members own Arabians, Haflingers, Paints, Appaloosas, Quarter Horses, Miniature Horses and a variety of crosses.

The Haliburton County Horsemen's Association works hard in continuing to be a strong presence in the community. HCHA members participate in activities such as parades, fairs and other community events. The HCHA also prides itself by taking part in highway litter clean-ups, and they co-operate with, and support other organizations which are involved in improving the horse industry.

So if you're looking for a healthy, outdoor, family-oriented social organization that runs Gymkhanas which are fun, and where competition is friendly, The Haliburton County Horsemen's Association could be the place for you. For more information on the HCHA call (705) 731-0222, or access the web-site hcha.ca.

Dumb Criminals

Arsonists accept ride with sheriff's deputy

Here's some advice for fugitives: don't hitch a ride with a sheriff's deputy. A trio of brash men wanted for arson in Tifton, Georgia accepted a ride to the county line from Thomas County deputy Don Allen. The men's car had broken down and Allen stopped to help. The three, who were from Ohio and Tennessee, told him they were headed to Panama City Beach, Florida and he offered a ride part of the way. During the drive, Allen heard a "be-on-the-lookout" message on his car radio about three arson suspects, one with long, black hair. "It's a good thing one of you hasn't got long hair," Allen said. That's when one responded that he had just cut his hair, prompting Allen to draw his gun and pull off the road. Police charged Jerick Sumlin, 21 of Dayton, Ohio; Timothy Conatser, 19, of Centerville, Ohio; and Scott Rawlings, 21, of Gatlinburg, Tennessee with first-degree arson. A Tifton woman told police she had let the men stay at her house for ten days, but they left Wednesday after she and Conatser had an argument. "During the harsh words, these guys got angry and decided to set the house on fire," police detective Porter Jackson said. "They lit up and they left."

Burglars seek refuge in troopers' backyard and garage.

It simply wasn't a good day for two aspiring burglars in Alpine, California. First, the best time to attempt a residential break-in is not at 8:00 on a Saturday morning when most people are at home. The two men were spotted removing property from a home on Bay Meadows Drive. When sheriff's deputies pulled up after being summoned by the homeowner, the intruders took off at a run. A short distance later they split up and one jumped over a fence into a back yard. It turned out to be the home of an off-duty California Highway Patrol officer - who took the fleeing suspect into custody. The other man ducked into the garage of another home and dove under a car. Apparently he didn't notice that the car he hid under was painted black and white and topped with a red and blue light bar. It also belonged to a California Highway Patrol officer who works outlying areas of the county. To make matters worse, according to sheriff's investigator Dan Pearce, the two men had been using a truck reported stolen a few days earlier. And in the truck, he said, was loot from two other recent burglaries in which the men are now suspects.

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It's Happening in Kinmount!

by Lynne Kilby

Hope you had a wonderful Thanksgiving with family and friends! Please join me in Thanks to the Highlands Communicator who supports the Kinmount area through the publication of this column.

Many of the scarecrows decorating our downtown core for Thanksgiving were made by the girls of the 1st Kinmount Unit of Sparks, Brownies, Guides & Pathfinders. The girls are now selling Mint Girl Guide Cookies. These delicious cookies make a perfect little gift or an excellent addition to your Harvest or Christmas table. Support the girls by purchasing cookies as they go door to door, at their booth set up occasionally downtown, at some of our local retailers or by calling 488-2919.

What a fantastic turn out for Town Picture Day on Thanksgiving Saturday! Thanks to photographer Holly Lougheed this picture will be included in a Time Capsule later in November. The capsule will be sealed for 50 years and opened on Kinmount's 200th Anniversary.

Kinmount Knights Minor Hockey registration is now taking place. Sign up at Kinmount Freshmart or call Dave or Pam at 488-2237. Registration fee for the entire season is only \$25.00 per child.

Congratulations to Gord Tait of Fenelon Falls, grand prize winner of Kinmount Lions Annual ATV Draw.

High speed internet has come to Haliburton, but the funded area does not include Hwy. 503 east of Kinmount, along the river, Irondale, Salerno Lake, etc. To tell the county the number of households & businesses waiting for high speed internet and to provide input for the next round of funding, go to haliburtoncounty.ca. Click on High Speed Internet, telephone line eligibility, phone number check, then follow instructions to enter your telephone number and email address.

Upcoming Events

Oct. 24 - Bistro Night at Harmony Farm. Reservations required. Call 705-488-3300 or visit harmonyfarm.ca.

Oct. 24 - Free Kids Community Halloween Party at Kinmount Community Centre, 7:00 p.m. - 9:00 p.m. Lots of fun, games & prizes. Call 488-9954 for more info.

Oct. 31 - Drop in craft at Kinmount Public Library.

Oct. 31 - Turkey Supper at Galway Hall, 4:30 p.m. to 7:00 p.m. Call 488-2217 for info.

Oct. 31 - Halloween Dance, 9:00 p.m. - 1:00 a.m. at Kinmount Community Centre features live music by J.L. Avis & the Barnburners. Tickets \$10. Proceeds to Kinmount Minor Sports.

Nov. 6, 7 & 8 - Pottery in the Forest presents their annual Christmas Open House at 197 French Line south of Kinmount off Crystal Lake Road. Great Signage! Call 488-2400 for more info.

Nov. 7 - Turkey Supper by the Ladies Auxiliary to the Royal Canadian Legion Branch 442, 4:30 p.m. - 7:00 p.m. Call 488-2307 for more info.

Nov. 8 - Remembrance Day Service, 11:00 a.m. at Kinmount Cenotaph.

Nov. 11 - Remembrance Day Service, 10:45 a.m. at Kinmount Cenotaph.

Nov. 14 - Annual Christmas Bazaar by Kinmount & Area Artisans Guild, 10:00 a.m. - 3:00 p.m. at Kinmount Community Centre.

Please call me at (705) 488-2919 or e-mail me at lynne.kilby@sympatico.ca to share news or advertise an event or activity and remember to keep visiting kinmount.ca.

John was on his deathbed and gasping pitifully.

'I've one last request, dear,' he said faintly.

'Of course, John,' his wife said softly.

'Six months after I die,' he said, 'I want you to marry Bob.'



'But I thought you hated Bob,' she said.

With his last breath John said, 'I do!'

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Highlands Little Theatre presents Divorce Anyone?

Starting November 12th until 14th, "Divorce Anyone?" by John Patrick will be running at the Northern Lights Performing Arts Pavilion in Haliburton. Audiences will be treated to three comedic plays; interweaving tumultuous relationships with tricky situations which will no doubt leave a trail of hilarious circumstances.

The three plays, *Compulsion*, *Integrity* and *Habit* are a "light hearted look at marriage- from the inside!" 'Compulsion' mixes lust and deception and ends with a comedic twist; an over-zealous husband tries to win back his wife when she threatens divorce after his demands become too much to bear. The second play, 'Integrity', is a comedic look at the power struggles in relationships; a couple argue about their marital money issues which are set against the wife's father who is totally clueless about the ongoing dispute around him. The last play, 'Habit' presents a wife who is unimpressed with the lack of attention her husband gives her until an attractive young bachelor shows up... The three plays, although separate from each other, both discuss relationships in a humorous fashion and offer up relatable issues.

Wayne Cooper will be directing as well as performing musical interludes

between each new play. 'Divorce Anyone?' will mark the acting debut of Mike Russell along with seasoned actors Mike Jaycock, Elke Zilla and Brian Kipping. Tickets are available from Organic Times, Minden and The Cranberry Cottage, Haliburton.

Performances begin at 8pm sharp on November 12th, 13th, 14th, with one matinee performance at 2pm on November 14th.

Mose Scarlett Performing at the Haliburton Highlands Museum.

October 30th at 8pm

Mose Scarlett is, unarguably, one of a kind. While he draws on a wide range of musical sources from the early 1900's through the 40's, his style defies categorization or comparison - the blend is unique. He bills his music as 'Jazz, Blues, Ragtime and Swing' because, as he says, "those are the four things I've been accused of most often".

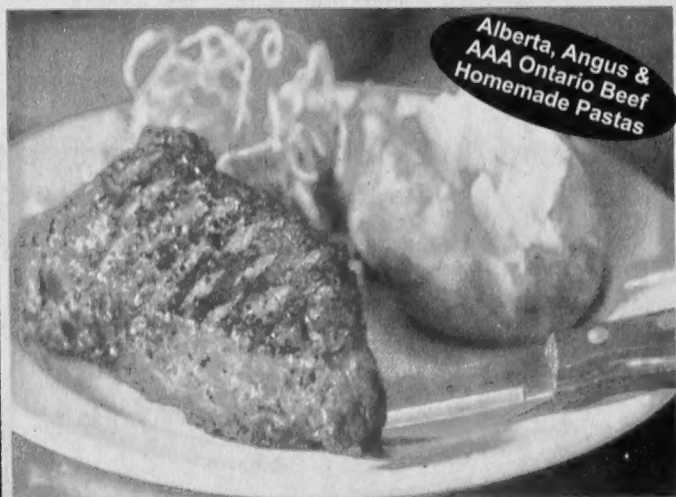
His self-taught, original technique of fingerpicking, dubbed 'stride guitar' by Canadian music journalists, delivers a syncopated punch and features simultaneous chords, melody and bass line, smoothly executed, without seeming effort.

\$20/person or \$15 for members and students.

Tickets available at York Street internet Cafe in Haliburton and Highlands Copy Centre. Or email

info@haliburtonfolk.com or call 705-754-3436 to reserve your tickets.

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Introducing Pacific Log Homes

by Zoe Cittern

Lori and Shel Perkins want to make peoples' dreams a reality. "We've been at home shows before and people are astounded when they hear that a custom log home is far cheaper than they thought. It's that realisation when they find out that they could own a beautiful log home that is the truly enjoyable aspect of the job" says Shel from his home on Kennisis Lake. The cost is certainly one myth the couple would like to dispel about building a log home as building with logs will be approximately the same as building any custom home.

And log houses are certainly not an ordinary houses. They are beautiful, breath-taking, hand crafted buildings customized to meet your expectations and ideas. Using the finest logs from BC, Pacific Log Homes (PLH) will give you the reins to design your dream house and along with the local representatives they will ensure that from start to finish you are taken care of. That's where Lori and Shel come in, they take you from A to B, and they'll walk you through the plans of the house, deciding on the layout, the scale of the house and the cost. Lori is a certified interior designer so her design skills definitely come in handy. They sell you the shell and then a contractor comes in and puts the pieces together.

Lori and Shel Perkins haven't always been in the log business. After many years of owning their antique shop in bustling downtown Toronto they decided to move to the Highlands for the tranquility and peace of the lakes. "We're not really city people, when we return to the city to visit family we always wonder 'how did we live here?!'" laughs Shel. They have thrown themselves into Haliburton life as keen boaters and golfers and are members of the local curling club. They built their own log home four years ago as a personal project after envisioning it for 10-15 years. "If we can do it, you can do it" adds Lori. The company is able to build as many as 12 homes at a time which

means they can keep their prices competitive, yet that doesn't mean that the quality is lost. "There are more quality log homes in Haliburton and Muskoka than anywhere in Eastern Canada; Pacific Log Homes are beautifully priced, quality houses. These houses will essentially last forever. The industry has created new treatments to help with wear and tear" states Shel.

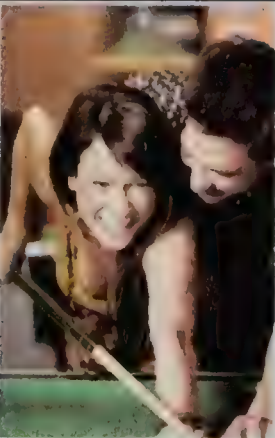


The creation of your log home will take about a year, from conception to moving in, which isn't bad if the end result is a house you'll come to love for years. And whilst your plans are drafted up and sent away a lot of work is being conducted elsewhere, so time is not being wasted. The logs are shipped from B.C and while the logs are being crafted, pictures can be emailed to you of the process taking place. Once the logs are ready to go they are shipped out in about seven days: "We pay a premium to get the service on time, so we can commit to great service for the customer" says Shel.

After their own log home was a personal success, the Perkins wanted to deliver the same impeccable customer service that they were given themselves from PLH to customers in Eastern Canada. "There was no representative for the company here, so it seemed the perfect way for us to join with PLH, and after having such a quality product made for us we were delighted to be on board with the team" adds Lori.

At the moment the couple are building a commercial log building which

Pacific Log Homes cont'd... pg. 13...



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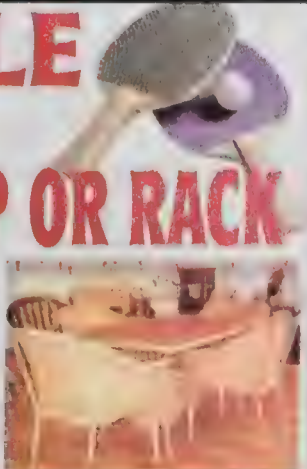
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Lost 27lbs
and still going

Pacific Log Homes

... from pg. 11



will house 'Haliburton Outdoor Equipment' (on Kennisis Lake Rd.) and will also provide Lori and Shel with a new sales office. It'll also be a great chance for new customers to see exactly how the logs are slotted together and how a log building works.

A huge benefit to owning a log home is not only the beauty of the product but also the practicalities. Log homes are far more efficient to heat as the logs are the insulation, thereby helping to drive down energy bills. The logs have thermal mass, so the log will absorb

some of the heat itself and radiate it out into the rest of the house. The logs help keep the home warm in the winter and cool in the summer, so much so that the Perkins didn't once need to use their A/C in the summer months.

Lori and Shel are great sales advocates as they have been through the process themselves. Their sales office is situated just outside of Haliburton Village, so they're easy to visit. "That means we can be there for the customers and the contractors when they need us, and that's important to us" believes Shel.

Log homes are magnificent buildings and with a smaller price tag nowadays it means that your dream of owning your perfect home is closer than you think.

If you are interested in a custom log home or would like more information phone Lori or Shel at (705) 754-1373, email perkins.group@sympatico.ca or visit the website at www.pacificloghomes.com.



West Guilford Dinner

Sunday, November 15th there will be a community dinner at the West Guilford Recreation centre.

Back by popular demand the ladies of West Guilford will be serving a delicious home cooked meal including salad, dessert and tea or coffee. Advance tickets are only \$15.00/pp and \$5.00/children under 6yrs. Book your advance tickets for either the 5pm setting or 6:30 pm setting by calling either 754-2168

or 754-2464.

Email: carolstamp@sympatico.ca

Minden Auxiliary Bonspiel

Saturday, October 31st Fundraising Bonspiel at the Minden Curling Club

From 9.30am onwards the Minden Health Care Auxiliary is having a fundraising bonspiel to raise money for equipment for Minden Hospital and Hyland Crest Residence. The bonspiel is an all day affair and people are encouraged to wear costumes. There will be a lunch set out.

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Thai Massage: Spend an Hour of Pure Relaxation and Wile your Woes Away.

by Zoe Citterm

"One of my yoga students was a Thai massage practitioner and introduced me to the practice and I've been hooked ever since" says Heather Mancuso ,the new Thai massage practitioner at Blue Sky Yoga (BSY).

And it's easy to see why, after experiencing a taste of what Thai massage is all about at BSY. The effect is a deeply relaxing and calming state of mind: all of your worries and stresses seem to go by the way side. You become rejuvenated and refreshed for the rest of the day. It is unlike a regular massage in that the practitioner will stretch your ligaments into differing postures while applying pressure on different points on your body to restore the free flowing energy throughout your body. The entire body is concentrated upon, "it's a very rhythmic style, very fluid, it eases you into a meditative state, its great way to start or end your day" says Heather.

Sessions are an hour or an hour and a half, so you can easily adapt the massage into your lifestyle. Heather believes that continuing with massages on a regular basis is a beneficiary element, "the more massages you'll receive the more levels and stretches you'll encounter, and you'll also learn stretches that you can take home to practice, helping to become more flexible." She adds that "the massages are like a maintenance program, it's all about keeping your



body tuned and aligned."

Heather grew up in Charlottetown, PEI and has travelled extensively throughout Canada and the U.S. She taught Thai massage and Yoga at a clinic just north of North Bay where the practice of Thai massage was a successful venture. When her partner started at Fleming College in September of this year, they made the move together and Heather loves "the peacefulness of the area, we took a trip back down to the city and we couldn't wait to get back up here, its just too busy there."

In 2003 she was working on boats in Florida where she was introduced to yoga, "I fell in love with it, I loved the physical and relaxation parts of it, it's such a great combination." Heather became a registered yoga teacher in 2007 and trained at Thai Massage Toronto just over a year ago. "I've always been athletic and very much into sports so it was a natural transition to Yoga and Thai massage." Thai massage really came to the forefront ten years ago, "it's the fastest growing holistic therapy in Canada" says Heather, more yoga schools are adding Thai mas-

sage as a course, "its really about learning how to work the body" Heather continues

Thai Massage cont'd... pg. 15...

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Thai Massage: A Wonderful Way To Spend An Hour...

... from pg. 14

To add a different level to your Thai massage Heather can add an amethyst bio-mat; it holds 28lbs of amethyst crystals, the mat is heated which eases you into a deep, peaceful state. There are strong benefits to using the bio-mat and customers can use the bio-mat as part of the Thai massage or use it by itself as part of meditation. "I used to use the bio-mat purely just to sleep on and it's a night and day difference when you lie on it" says Heather. It has amazing benefits too; it burns calories, boosts your immune system, improves skin tone and reduces fatigue.

According to Heather Thai massage has been called "the lazy man's yoga, not that that should put you off, you don't have to have practiced yoga before nor be any good at it, it's a separate entity, anyone can become involved with Thai massage. It's great for kids and as it involves a lot of stretching it's really good for those in physical jobs to really help relax their muscles and soothe them after a days work."

Another way to enhance the massage is to add a herbal element: cotton compresses, which are made in Thailand, they are infused with healing herbs which pressed on your body. The compresses blend together the benefits of heat, aroma, herbs, acupressure and stretching. The benefits to using the hot compresses is that they help to treat stiff joints, they allow muscles to soften and become more relaxed: they help with back pain, arthritis, migraines and other ailments so Thai herbal massage goes a long way to relieving your troubles. The compresses are yours to take home after the sessions so you can bring them to future massages for no extra cost. After approximately five sessions they will be worn out yet add them to a warm bath at home is a great way to bring your massage home with you! "The great thing about Thai massage is that it isn't painful, it's much more meditative, it's extremely therapeutic and as the massage is carried out in our spacious yoga room so



its a great area for pure relaxation" says Heather.

It is evident that Heather is very committed to her practice and extremely passionate about Thai massage and Yoga. "I enjoy seeing the effect that the massage has on people, they come in perhaps frazzled or worn out and afterwards they are a different person. Some people have even fallen asleep half way through the massage it's so relaxing! I love my job and really feel blessed to have the opportunity to work here." Heather teaches some yoga classes at Fleming College and hopes to expand by including more yoga to her daily practices.

Thai Massages are available Monday to Friday; for an appointment call - (705) 457-3500.



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Are You Ready?

with Susan Lee

The topic of my article today is December 31, 2009. Are you ready?

December 31, 2009, new year's eve, and the last day of the 2009 tax year which means there is still time for you to review your personal finances and make them as tax efficient as possible for 2009.

Some quick tips on reducing your income tax before year end.

I would hope that your non-registered investment portfolio has seen some of the recovery over the last few months, but you still might have some losers among your holdings. **Consider selling these losers and trigger a capital loss** which can be used this year or carry back up to 3 tax years or carried forward indefinitely to reduce any taxable capital gain on your tax returns.

If you donate to a charity, sell a poor performer to trigger a capital loss for tax efficiency and make your donation with the proceeds.

Sell off some losers, trigger the capital loss, and use the proceeds to reduce your outstanding debt balance.

Take advantage of the current market correction. Many are in a loss or break even situation with their portfolios. If this is you, it might be the best time ever to move your investments into a more tax efficient product. Non registered mutual fund trust will be issuing their annual distributions in the month of December generating a T3. For all who own the funds when the distributions are made, that has to be added to your other taxable income for 2009. Move out of the mutual fund trust now and avoid the income distributions for 2009 and invest into a mutual fund corporation. Most mutual fund companies have this extremely tax efficient product that's almost as good as a TFSA. The mutual fund corporation investment product has been around for 25 years. It is one of the industries best kept secret out there and I don't know why. There is lots of information out there if you look. This product has been the topic of a few of my past articles. Interested in more information please do not hesitate to call me.

If you are retired, make sure you are withdrawing from your RRSP or RIF efficiently. If you are a retired couple, make sure you are withdrawing from your RRSP or RIF efficiently and taking full advantage of the new income splitting rules.

Do you have locked in RRSP or locked in RIF? Guess what, the government has changed the rules again around these products. The government is allowing you to unlock up to 50% effective January 2010 (up from the 25% of a few years ago) but it is not automatic. We are talking the government and paperwork is required to make the change.

The ideas above are for information only. Please discuss with a professional accountant or financial planner first. We are all individuals and so are our personal finances. One size does not fit all.

Helping you plan your future.

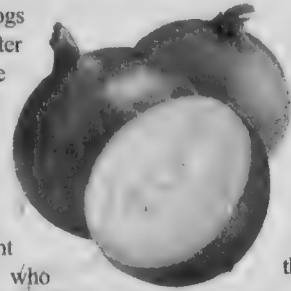


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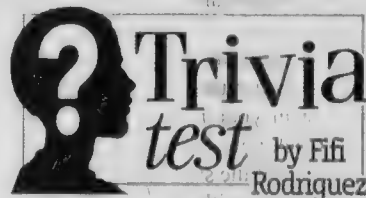
In Berea, Ohio, dogs and cats out after dark were once required to wear taillights!



Onions were banned in many places in ancient India, and people who ate them were required to do so outside city limits!

It's against the law in New York city to open an umbrella in front of a horse!

An ordinance passed in 1875 in the District of Columbia declared that owning an ailanthus, or "tree of heaven" was against the law!



1. GEOGRAPHY: Lake Tahoe straddles the borders of which two U.S. states?
2. FOOD AND DRINK: What kind of dish is sometimes referred to as a "grunt" or a "slump"?
3. MEDICINE: What condition does a deficiency of iron cause?

4. MOVIES: What 1990 film won an Oscar and a Golden Globe for Best Picture?
5. GENERAL KNOWLEDGE: What is the traditional birthstone for May?
6. MUSIC: How old was Felix Mendelssohn when he wrote the overture to "A Midsummer Night's Dream"?
7. ASTRONOMY: How many moons does the planet Mars have?
8. MYTHOLOGY: What is the Greek god of the sun called?
9. LANGUAGE: What is the only word in the English language that ends in the letters "mt"?
10. LITERATURE: What was the name of Dick and Jane's cat in the famous early readers?

- Answers
1. California and Nevada
 2. Baked fruit dessert with a biscuit
 3. Anemia
 4. "Dances with Wolves"
 5. Emerald
 6. 17
 7. Two.
 8. Helios
 9. Dream
 10. Puff

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Lange on the Law *Donald Lange*

by **Donald J. Lange**
Barrister & Solicitor

Tracing Trust Money

Assume a friend holds real estate in trust for you while you are away travelling the world. He is the trustee who holds the property for your benefit and you are the beneficiary of the trust. When you return, you find out that your property has been sold in your absence and your friend has taken the money and bought another property. However, the new property is not held in your friend's name but in the name of a stranger. It is not held in trust for you. What can you do to recover your losses?

In these circumstances, you could launch a lawsuit against the stranger for "knowing receipt of trust property." You must prove (a) that the original property was subject to a trust in your favour, (b) that the money from the sale of the property, which your friend received, was taken from you in breach of trust, and (c) that the stranger did not take the property as a bona fide purchaser for value without notice. In other words, the stranger knew or ought to have known that the sale proceeds were impressed with a trust in your favour.

You could then trace the sale proceeds to the new property to establish that the stranger really holds the new property in trust for you because the original sale proceeds were impressed with a trust and are traceable to the new property because they were used to purchase the new property. One court has described the tracing process as follows: "Tracing is based on the retention by the claimant [you] of a beneficial interest in property. It is a process by which a beneficial owner of property traces what has happened to that property, identifies the persons who have handled or received it, and justifies his claim that the property, or the property into which it has been converted, can be regarded as belonging to him."

Instead of launching a lawsuit to assert your beneficial ownership of the sale proceeds against the stranger, you could bring a personal claim directly against your friend for breach of trust. You must make sure, however, that you will be able to collect on a judgment against your friend. If your friend is "judgment proof," your best course of action is to trace the sale proceeds to the stranger's property.

In the next column, I will be talking about leaning fences.

Learn A Word

Cronyism

\ˈkro-ne,-i-zem\ n : partiality to cronies especially as evidenced in the appointment of political hangers-on to office without regard to their qualifications.

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High on my list of household aggravators is a pile of junk mail. Get a good-quality shredder and utilize it right away. Piles of paper invite dust to form. Don't let junk mail in, and it will never overstay its welcome.

After you've given your shower a good cleaning, apply some car wax to the shower walls. It will repel water and keep mildew at bay. Also, give a nice coating of petroleum jelly to door tracks. It will keep them in tiptip sliding shape.

"Use a clothespin to clip a milk carton closed. This works on small containers of cream and orange juice as well. It will help keep the milk from absorbing any odors from items stored near it. This has worked for me for years. I use lactose-free milk, and it only comes in a carton." — E.M. in Oregon

Here's another clip tip: Try using a chip clip to hang a mesh bag in the shower for bath toys. If you find a clip that has a hole in one part of the handle, you can attach it to a curtain ring. The chip clip has better coverage, since it's wider than a standard clothespin.

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Subject: New Virus - ***Medical Alert***

The Center for Disease Control (CDC) has issued a medical alert about a highly contagious, potentially dangerous virus that is transmitted orally, by hand, and even electronically.

This virus is called Weary Overload Recreational Killer (WORK).

If you receive WORK from your boss, any of your colleagues or anyone else via any means whatsoever

- DO NOT TOUCH IT - This virus will wipe out your private life completely.

If you should come into contact with WORK you should immediately leave the premises.

Take two good friends to the nearest grocery store and purchase one or both of the antidotes

- Work Isolating Neutralizer Extract (WINE) and

- Bothersome Employer Elimination Rebooter (BEER).

Take the antidote repeatedly until WORK has been completely eliminated from your system.

You should immediately pass along this medical alert to five friends.

If you do not have five friends, you have already been infected and WORK is controlling your life.



**Stress
Busters**

Quick Tips To Lower That Stress Level

Add Muscle, Reduce Fat

Consider the benefits of weight training. Besides helping to increase bone mass and slow bone loss, which can help protect against osteoporosis, weight training increase muscular strength and endurance. In addition, it adds muscle, which burns more calories than fat tissue burns—45 more calories per pound, daily. Be sure to talk with your doctor before starting a new exercise regimen, and seek the help of a qualified weight-training instructor.

Rocky Horror at the Beaver Theatre

October 31st, The Beaver Theatre presents: Legend of Sleepy Hollow and the Rocky Horror Picture Show.

(The original animated) Legend of Sleepy Hollow plays at 2pm. Tickets are \$7 at the door. Rocky Horror Picture Show with a special intro by Paul Lynd at 10:30pm, come to the Beaver Theatre dressed as your favourite Rocky Horror character. Tickets are \$7 at the door. For more information call 705-286-0222 or email info@beavertheatre.ca.

Annie E. Brown: In Memory - A Ghostly Exhibit

Dates: Oct 29, 2009 to Nov 28, 2009

Location: Agnes Jamieson Gallery

Website: www.mindenculturalcentre.com/gallery_programming.php

Email: gallery@mindenhill.ca

Opening Reception Thursday 29 at 4pm

Touring from the Canadian Clay and Glass Gallery, Waterloo, this exhibition, involving historical artifacts and contemporary work created by Karina Guévin, Paul Stankard, Catherine Vamvakas-Lay and Tim Whiten, is curated by Virginia Eichhorne. It was inspired in part by a ghost story about Annie E. Brown. It is an exploration of the past and the present and their intersection, featuring objects that embody the act of mourning and commemoration in glass or ceramic elements from the Victorian time.



Christmas Luncheon White Elephant And Bake Sale

Minden United Church
21 Newcastle Street, Minden
Friday, November 13th
starting at 11:30 a.m.
Adults \$5.00
Preschool children free

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



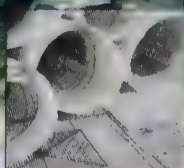
Differences: 1. "Returns" sign is different. 2. Boy's hat is turned forward. 3. Woman's collar is different. 4. Bowtie is bigger. 5. Gloves are black. 6. Man's tie is missing.

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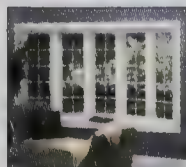
Plumbing/Electrical



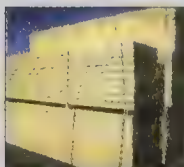
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What are you going to be for Halloween? I think Zombie's are popular this year and it's the kind of get up that will be even more fun if others show up to the party wearing the same costume. Sports uniforms are alright too if there's more than one, but multiple Darth Vaders' doesn't work. The subject of Luke Skywalkers paternity comes up and the next thing you know light sabers are flashing, Cheerleaders are screaming then the guy dressed as the Incredible Hulk gets mad and wrecks the place.

Now the guy wearing the Carpenter costume says he'll bring his tools to fix the damage but the girl dressed in the Police uniform won't let him drive his truck. She knows that the lady in the Hooters outfit has been serving him drinks all night even though the guy who came as a Lawyer says she can't prove a thing.

Charlie Chaplin tries to leave but the Mime in front of him is trapped behind some kind of invisible wall so he waddles over to the Heavy Metal Band. They're

practically deaf and he doesn't make any sound so when the guy wearing the Fireman costume sounds the alarm, he has to use the Caveman's club to get their attention.

The guy dressed in fatigues tries to help but a couple wearing tie died shirts have him blocked with protest signs. Give peace a chance they chant.

Well this gets the attention of the guy dressed as a Sheik so he walks over with all the girls in his Harem to join in the Hippies protest of the military's involvement. Now the guy dressed in the Rabbi's costume sees the Arab and wants to get into it. As he gets up he trips over the Cowardly Lions tail and Toto starts biting him despite Dorothy's efforts.

You see the trouble that choosing the wrong costume can cause. I'm just going to put a wrench in my pocket and go to the party in my work clothes. That way everyone will think I'm there to fix the plumbing and the Zombies only want brains so nobody will bother me.

Happy Halloween everybody J

top ten Cult Films

1. *This Is Spinal Tap*
2. *Rocky Horror Picture Show*
3. *Freaks*
4. *Harold and Maude*
5. *Pink Flamingos*
6. *Texas Chainsaw Massacre*
7. *Repo Man*
8. *Scarface*
9. *Blade Runner*
10. *Shawshank Redemption*

Source: Entertainment Weekly



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'Off the Wall' at Rails End Gallery —

November 25th for 3 weeks.

For three weeks the Gallery will become a community studio. The walls will be covered with artist quality paper, there will be basic artist materials provided and the rest is up to you.

This project is open to everyone. Guest artists and gallery staff will guide the timid, facilitate with flair and generally set the stage for the largest work of art ever to have been exhibited at the Rails End. Everyone is encouraged to stop by and make their mark on the walls- paint, pen, collage, pastel - the choice is yours. Materials will be available or you can bring your own. A schedule of special events will be posted on our website including "Drum n Draw", "Drink n Draw", "Techno Night" and other fun stuff. Donations are welcomed.

Pottery Christmas Open House and Sale at Earth & Fire Pottery and Rickie Woods, Potter.

Friday, November 13th from 2 p.m. to 7 p.m and Saturday, November 14th 10 a.m. to 5 p.m.

Earth and Fire Pottery is located at 1234 Crooked House Road, Carnarvon, 489-3177 visit www.earthandfirepottery.ca

And visit Rickie Woods at 2023 Blairhampton Rd, Minden 286-1556. Come browse our studio galleries and enjoy some Christmas cheer while doing your shopping!

Fourth Annual Gala at the Minden Hills Library.

November 1st at 2:00 p.m.

Helen Humphreys is the guest author at the Friends of the Haliburton County Library's Fourth Annual Book Gala. Humphreys will be discussing her novel "Coventry" and reading from a new, as yet unpublished novel. Tickets for the event are \$15 and can be purchased from Minden Book and Stationery and Undercover Books in Haliburton. This year there will be a silent auction at the Gala (cheque and cash) and there will be an opportunity at the Gala to renew your membership. Dessert and coffee will be provided by the Haliburton Bookers Club. For tickets phone Heather at 447-2402 or Klara at 286-4419.

Ladies In Fellowship Together (LIFT)

November 5th,

With special speaker Janine Burk, music by Glenda Burk, and featuring Patti Abel of "Hands of Hope". All ladies are welcome to come and enjoy an evening out. The evening begins at 7.30-9.30pm at Lakeside Baptist Church, 9 Park St. Haliburton

For King and Country at the Minden Hills Museum.

November 3, 2009 - Nov 27, 2009;

An exhibit honouring Haliburton County's contribution to military service. Photos, artefacts, presentations and sound recordings showcase the immense involvement of our men and women. Be sure to take in the other Cultural Centre exhibitions at the Gallery and the R.D. Lawrence Place. Email museum@mindenhills.ca

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Strange But True

It was way back in the 19th century that American statesman Daniel Webster made the following sage observation: "The world is governed more by appearances than realities, so that it is fully as necessary to seem to know something as to know it."

Scary movies like "Jaws" notwithstanding, experts claim that you are 50 times more likely to be killed by a bee than you are to be killed by a shark.

All official American flags must be lowered and put away at night -- all except one. The flag that was placed on the moon on July 20, 1969, by Neil Armstrong and Buzz Aldrin (for obvious reasons) remains flying at all times.

Although almost everyone today thinks of the dictator Napoleon as being unusually short, records show that he was actually 5 feet, 6 inches tall, which was the average height for a man in France at that time.

Those who study such things say that the coolest parts of the sun are approximately 10,000 degrees Fahrenheit, while the hottest spots can reach a whopping 15 million degrees.

The popular pub pastime of darts originated in the Middle Ages as a training game for archers.

Theodore Roosevelt was the first American president to drive an automobile, as well as the first to own one.

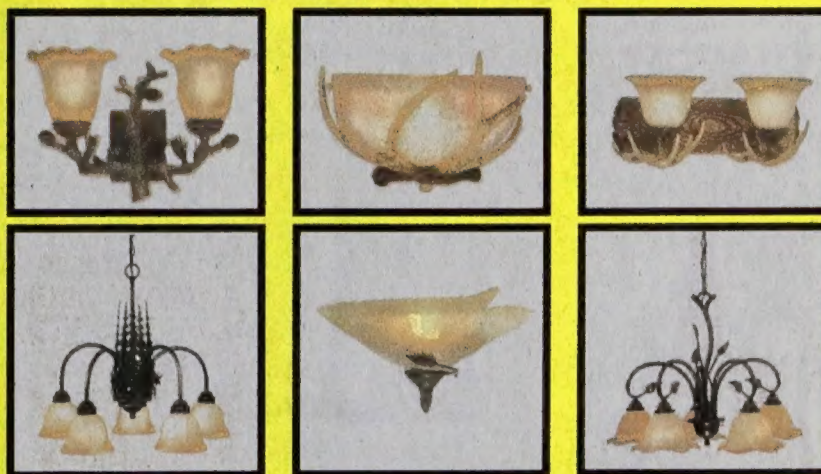
Although our lives are centered around (and sometimes seem completely ruled by) the seven-day week, not all cultures have demarcated dates that way. Ancient Egyptians once used a 10-day week, and ancient Romans followed a pattern of 8-day weeks.

Thought for the Day: "In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress." -- John Adams

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bottom for the little ones with
deep water off dock for the
adventurous ones.

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Kennisis Lake

West Shore 4080 sq ft custom built by
Gary Burtch conventional and timber
frame construction. Architecturally
designed cottage with meticulous
detail and another 3000 sq.ft. of lower
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garage. Floors are granite, reclaimed
hemlock & berber carpet. solid
douglas fir beams, doors and wall
panels. Curly cherry custom cabinets.
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deep water, granite shore line and
spectacular view.

\$3,950,000.00



Little Kennisis Lake

Double lot 262'frtg with sand
and deep water. This 2500 sq.
ft custom cottage/home has 3
bdr, 2 fireplaces, skylights,
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guests. Too many extras to
mention a must see.

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